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# Exercise Science

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Professor Heintzman

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### Exercise Science

Before I enrolled in Western Kentucky, I had no idea of what I wanted to be my major. It would keep me up at night, because it was all I would think about. The thought of college used to scare me, and my fears consumed and almost conquered me. I felt like I was the only person in my friend group who did not have “their life together.” My parents were aware of my feelings, because they knew it was bothering me so bad. I could not think of anything that I was good at – I am athletic, but could not pursue a career in sports; I could not be a nurse because I cannot handle blood or needles.

One specific night changed my thoughts and I will never forget this conversation: my mom asked me, “Why don’t you be a personal trainer for people? I mean you workout all the time and you love to help people.” It was like a light bulb went off in my head. That was it! My intended major is exercise science with potentially a minor of business or nutrition. The reason why I am pursuing this career is because I believe I am a very giving person. I absolutely love to help people, and I do not expect anything in return. I believe I can help individuals who are struggling with their weight and who maybe need a small amount of motivation. My expectations as of right now are having some type of degree, and I believe the pay is reasonable.

After thorough research, I found The Occupational Outlook Handbook most helpful, among the three other sources. I feel this way because it answered all my questions without even looking through the paper. This specific source showed me the salary (\$31,720 per year), the entry-education level (High school diploma or equivalent), the number of jobs as of 2012 (267,000), and the job outlook percentage (13%). Compared to the other sources, the academic journal I searched on a database was helpful, because it included a large amount of detail and was informative. I learned that the obesity rate in the United States has “increased to near epidemic proportions (15% to 30% in adults, 5% to 18% in adolescents aged 12 to 19 years, 6% to 19% in children aged 6 to 11 years” (Ferkel). The book that I chose was also helpful because it showed me how an active life-style can reduce diseases “such as coronary heart disease (CHD) and some forms of cancer. Furthermore, studies indicate that disease risk factors can be favorably modified with appropriate exercise and dietary interventions” (Housh, 2000, 2).

With this specific major/career, it is difficult to find information. Because this major is so specific, there is not a large amount of articles. After digging into research, I found that physical fitness requires small effort – the person has to yes, be motivated, but the individual only has to “give away an hour or two a week to better maintain their health” (Abelson). With my own choice of researching, I found out that the “number of personal trainers grew by 44 percent, to 231,500” (Rampell).

With close research, my idea of pursuing a career as a personal trainer did not change. I mostly knew the requirements, and even though the pay is not

extremely well, it does not matter. I believe that if you love your job, it will not feel like a job. I also believe that the problem with people is that they pick a job that pays the most, and requires the least work. Well, it is my turn to be abnormal. I believe that with a degree in exercise science, it will not only benefit others who I am helping, but it will benefit myself.

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